

# March 22

Philippians 4:6, 7

“Full of Care?  
Prayer!”



**<sup>6</sup> Be careful for nothing;  
but in every thing by  
prayer and supplication  
with thanksgiving let  
your requests be made  
known unto God. <sup>7</sup> And  
the peace of God, which  
passeth all  
understanding, shall  
keep your hearts and  
minds through Christ  
Jesus.**

**This passage does not  
guarantee favorable**

answers to prayers.

Neither does it  
instruct to attempt to  
name and claim cares  
away. It does,  
however, urge  
followers-of-Christ to  
TALK TO GOD about  
“everything” and to  
give thanks.

It says that in doing  
such, a specific kind

of peace may be  
experienced. That is  
God's own peace. It  
supersedes all  
understanding and  
will keep our hearts  
and minds through  
Christ Jesus.

We should not be full  
of care (worry) about  
anything. Rather, we  
should be genuine

with God in  
communication. Ask  
for help. Thank  
Creator. Trust. Such  
trust is not a matter  
of believing we'll  
always get what we  
want; it's trusting that  
God knows what is  
best and will bless  
us with what is  
ultimately best for us.

In many ways,  
following this  
guideline may  
be seen as a  
prescription for  
addressing  
circumstance-based  
mental calamities.

Sometimes really  
horrific things happen  
to people—especially  
to those who are  
pursuing godliness.

Nonetheless, when we follow this assistance, we fair better emotionally, spiritually, and psychologically than do those who follow the world's ways of so-called “managing stress”.

Does it mean everything will be

wonderful and we will  
always be smilingly  
happy? It is not so,  
according to correctly  
interpreted Scripture.  
Any doctrine teaching  
people to expect  
constant euphoria  
and a 100%  
undisturbed existence  
on this earth is false  
doctrine.



So, when there are  
cares, we also have  
access to God through  
prayers.